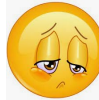


# Year 3: PSHE

## 'Your Feelings, Your Choice' and Transition

### Feelings

A feeling is an **emotional state** or our **reaction** to something. Feelings are important because they help us to manage different situations and look after ourselves. Feelings and emotions are about our minds, but we might also experience them in our bodies.



Life is full of ups and downs!  
Our feelings can change a number of times in one day!  
**This is normal!**

To have more of the 'good' feelings you could:

- get some fresh air;
- do something active;
- do an activity that you enjoy;
- talk or play with friends or family;
- do something nice for someone else;
- read a book;
- listen to music;
- get a good night's sleep;
- relax!



If something doesn't feel good:

- talk to someone about it;
- take your mind off it by trying some of the things in the list above;
- try some deep breathing;
- count to 10!
- know that this feeling will pass!



### Your Feelings, Your Choice



Sometimes, when we experience negative feelings, we can experience physical changes. We might feel:

- queasy or sick;
- our heart beating faster;
- hot and bothered.

In 'The Birthday Party' Lucinda has negative feelings. She doesn't really want Aunt Jane to kiss her or Mark to give her a hug.



It is okay to say, "NO". Your body belongs to you. You need to give **consent**.

If you feel uncomfortable, then you need to talk about it. You could tell the person who is making you uncomfortable how you feel. Remember to be respectful. The person might just be trying to help you!

You could also talk to a trusted adult so that they can help you to solve the problem.

### Transition

Soon you will be moving to Year 4. This is an exciting time but could make you have a range of emotions. This is normal!

You will be well prepared by your teacher, so try not to worry. Think about what goals you could set yourself for Year 4 and think about how you might achieve them.

Remember that if you are worried, then you should talk to a trusted adult. You could pop a note in your **Worry Box** or in the **Place2Talk Box**.



### Vocabulary

body language	When your face, posture and hand gestures reveal your feelings.
comfortable	When you are relaxed and at ease.
consent	To give permission.
honesty	To tell the truth.
negative feeling	An unhappy or unpleasant feeling. When something doesn't feel right.
positive feeling	A happy or pleasant feeling. When something feels good.
uncomfortable	When you are uneasy, tense or have a negative feeling about something.

CRC Article 19: All children have the right to be safe.

CRC Article 24: All children have the right to be healthy.

